

Dear Mom, Dad, Grandma & Grandpa,

To keep me safe when I sleep, please...*

- Put me to sleep on my back!
- Share the room, with me safe in my crib, bassinet or portable crib. I'll be near your bed so you can still see, hear and touch me! Sleeping with me in bed or on a sofa can be unsafe. You can accidentally roll over on me and I can suffocate in soft bedding or sofa cushions.
- Leave everything out of the crib except me! No bumpers, pillows, heavy blankets, quilts, stuffed animals! Make sure my mattress is firm. No sagging please! And cover it with a tightly fitted sheet that won't get loose.
- Make sure nobody smokes in our home or wherever I am.
- Breastfeeding is best, but, when you are done feeding and cuddling me, it is safest to put me back into my nearby crib.
- Talk to my doctor about my requests! He or she will think I am a very smart baby!

With Love, From Your Baby!

For more information, contact the statewide hotline (800) 545-7437

Safe Infant Sleep information for the first 12 months of life is based on the 2016 guidelines of the American Academy of Pediatrics. The SIDS Center of New Jersey is based at Rutgers Robert Wood Johnson Medical School and the Joseph M. Sanzari Children's Hospital, Hackensack Meridian Health. Funded in part through a Health Service Grant from the NJ Department of Health.

SCNJ website: www.rwjms.rutgers.edu/sids. SCNJ Hotline: (800) 545-7437

